

# Gymnastics for Youth

## Tumbling Tikes I

This parent participation class is fast moving and fun! Your child will learn pre-gymnastics skills while having fun with ribbons, bean bags, a parachute and gymnastics apparatuses. This class gives parents the opportunity to meet other parents too. Ages 1-2.

### Please Note:

- Instructor: Kidz Time.
- For children ages 1-2 years (must be walking) with parent. Only registered children. Please make arrangements for siblings.
- \*No class held April 19-20.

#2901.101	1-2 y	Th	6 meetings
3/1-4/5	6:30-7:20 pm	MCC	\$64 / \$54
#2901.102	1-2 y	Fri	6 meetings
3/2-4/6	5:30-6:20 pm	MCC	\$64 / \$54
#2901.103	1-2 y	Th	6 meetings
4/12-5/24*	6:30-7:20 pm	MCC	\$64 / \$54
#2901.104	1-2 y	Fri	6 meetings
4/13-5/25*	5:30-6:20 pm	MCC	\$64 / \$54

## Tumbling Tikes 2

Here's a class for the child who is becoming more independent! Your child will learn tumbling skills and obstacle courses to keep this class moving. Balance beam, bars, mini-trampolines, ribbons, bean bags, a parachute and hula hoops will be introduced in this fun, energetic class. Ages 3-4.

### Please Note:

- Instructor: Kidz Time.
- Child must be 3 years old by first day of class or have certificate from Tumbling Tikes I.
- \*No class held April 17-19.

#2902.101	3-4 y	Tu	6 meetings
2/27-4/3	3:30-4:20 pm	MCC	\$64 / \$54
#2902.102	3-4 y	Th	6 meetings
3/1-4/5	5:30-6:20 pm	MCC	\$64 / \$54
#2902.103	3-4 y	Tu	6 meetings
4/10-5/22*	3:30-4:20 pm	MCC	\$64 / \$54
#2902.104	3-4 y	Th	6 meetings
4/12-5/24*	5:30-6:20 pm	MCC	\$64 / \$54
#2902.105	3-4 y	Tu	6 meetings
2/27-4/3	6:30-7:20 pm	MCC	\$64 / \$54
#2902.106	3-4 y	Tu	6 meetings
4/10-5/22*	6:30-7:20 pm	MCC	\$64 / \$54

## Gymsters

Participants begin to develop coordination and body awareness in this class. Emphasis is on learning in a fun and challenging environment. Balance beam and mini-trampoline are introduced. Fun routines will be taught. Ages 5-6.

### Please Note:

- Instructor: Kidz Time.
- Children must be 5 years old by first day of class.
- \*No class held April 17-19.

#2903.101	5-6 y	Tu	6 meetings
2/27-4/3	4:30-5:20 pm	MCC	\$64 / \$54
#2903.102	5-6 y	Th	6 meetings
3/1-4/5	3:30-4:20 pm	MCC	\$64 / \$54
#2903.103	5-6 y	Tu	6 meetings
4/10-5/22*	4:30-5:20 pm	MCC	\$64 / \$54
#2903.104	5-6 y	Th	6 meetings
4/12-5/24*	3:30-4:20 pm	MCC	\$64 / \$54



## Floor Gym

This class is for both beginners and advanced beginners. Students will be taught rolls, cartwheels, handstands, roundoffs, and backbends as they progress in each skill. Balance beam and mini-trampoline will be taught. Ages 6-8.

### Please Note:

- Instructor: Kidz Time.
- Children must be at least 6 years old by first day of class.
- \*No class held April 17-20.

#2907.101	6-8 y	Tu	6 meetings
2/27-4/3	5:30-6:20 pm	MCC	\$64 / \$54
#2907.102	6-8 y	Fri	6 meetings
3/2-4/6	6:30-7:20 pm	MCC	\$64 / \$54
#2907.103	6-8 y	Tu	6 meetings
4/10-5/22*	5:30-6:20 pm	MCC	\$64 / \$54
#2907.104	6-8 y	Fri	6 meetings
4/13-5/25*	6:30-7:20 pm	MCC	\$64 / \$54

**Registration Starts Jan. 11 for Milpitas residents & Jan. 18 for non-residents. Be sure to register early. Classes with low enrollments will be canceled a few days prior to their start dates. See the Registration Section for our Refund Policy.**

\* = Fees are listed as Non-resident / Resident prices. See "Please Note" in class description.

Facility Locations: MCC = Community Center SAL = Senior Center SPORT = Sports Center HALL = Hall Park

# Baby & Me Pilates & Fitness Programs

## Baby & Me Pilates

As a parent, you will be strengthening your core abdominals, lower back, hips, buttocks and pelvic area - the areas most affected by pregnancy. In each of the moves your baby is strategically placed to help you maintain proper form and focus and at times, add resistance. Baby & Me Pilates provides an opportunity to stimulate your body through movement, touch, eye contact and facial expressions, all of which can help enhance your baby's cognitive development and motor skills. Ages 5-weeks-12 months.

### Please Note:

- Instructor: Kidz Time Staff.
- Participants should wear comfortable clothes to move around.
- \*No class held April 16 and 21.

#3572.101	5 wks-6 m	Mon	5 meetings
2/26-3/26	9:00-9:45 am	MCC	\$70 / \$60
#3572.102	5 wks-6 m	Mon	5 meetings
4/9-5/14*	9:00-9:45 am	MCC	\$70 / \$60
#3572.103	5 wks-6 m	Sat	5 meetings
3/3-3/31	9:00-9:45 am	MCC	\$70 / \$60
#3572.104	5 wks-6 m	Sat	5 meetings
4/14-5/19*	9:00-9:45 am	MCC	\$70 / \$60
#3572.105	7 m-12 m	Mon	5 meetings
2/26-3/26	10:00-10:45 am	MCC	\$70 / \$60
#3572.106	7 m-12 m	Mon	5 meetings
4/9-5/14*	10:00-10:45 am	MCC	\$70 / \$60
#3572.107	7 m-12 m	Sat	5 meetings
3/3-3/31	10:00-10:45 am	MCC	\$70 / \$60
#3572.108	7 m-12 m	Sat	5 meetings
4/14-5/19*	10:00-10:45 am	MCC	\$70 / \$60

## Mind & Body Kidz Yoga

This class will allow children to tell a story through self expression, creative and controlled whole body movement. Children will also learn techniques that will explore movement to improve visual acuity, hand-eye coordination and visual reaction time. Ages 3-8.

### Please Note:

- Instructor: Kidz Time Staff.
- Participants should wear comfortable clothes to move around.
- \*No class held April 18.

#3573.101	3-6 y	Wed	5 meetings
2/28-3/28	5:30-7:00 pm	MCC	\$85 / \$75
#3573.102	3-6 y	Wed	5 meetings
4/11-5/16*	5:30-7:00 pm	MCC	\$85 / \$75
#3573.103	3-5 y	Fri	5 meetings
3/2-3/30	3:30-4:20 pm	MCC	\$52 / \$42
#3573.104	6-8 y	Fri	5 meetings
3/2-3/30	4:30-5:20 pm	MCC	\$52 / \$42

## Fun & Fit Kidz

NEW!

Through this fresh new approach to fitness activities, participants enjoy not only the immediate benefits of better health, but the positive life-long impact it can have on their lives. This class is jam-packed with maximum participation games designed to increase muscular strength and endurance, improve flexibility, and develop life-long fitness skills! Ages 9-12.

### Please Note:

- Instructor: Kidz Time Staff.
- Participants should wear comfortable clothes to move around.
- \*No class held April 19.

#3520.101	9-12 y	Th	6 meetings
3/1-4/5	4:30-5:30 pm	MCC	\$64 / \$54
#3520.102	9-12 y	Th	6 meetings
4/12-5/24*	4:30-5:30 pm	MCC	\$64 / \$54

## Stroller Cross Fit

NEW!

Your body gets strong, lean and energized as you perform highly effective exercises targeting the muscles used & abused during labor, delivery and day to day care of your baby. With stroller cross fit, not only will you look great, but you can get rid of those aches that can come with being a mom. Stroller Cross Fit turns your stroller into a portable fitness machine, keeping your baby within arms reach while you exercise. Ages 18+.

### Please Note:

- Instructor: Kidz Time Staff.
- Participants should wear comfortable clothes to move around.
- \*No class held February 23, 24 and April 20, 21.

#3533.101	18+ y	Fri	6 meetings
2/9-3/23*	9:00-9:50 am	MCC	\$70 / \$60
#3533.102	18+ y	Fri	6 meetings
2/9-3/23*	10:30-11:20 am	MCC	\$70 / \$60
#3533.103	18+ y	Fri	6 meetings
4/6-5/18*	9:00-9:50 am	MCC	\$70 / \$60
#3533.104	18+ y	Fri	6 meetings
4/6-5/18*	10:30-11:20 am	MCC	\$70 / \$60
#3533.105	18+ y	Sat	6 meetings
2/10-3/24*	9:00-9:50 am	MCC	\$70 / \$60
#3533.106	18+ y	Sat	6 meetings
2/10-3/24*	10:30-11:20 am	MCC	\$70 / \$60
#3533.107	18+ y	Sat	5 meetings
4/14-5/19*	9:00-9:50 am	MCC	\$60 / \$50
#3533.108	18+ y	Sat	5 meetings
4/14-5/19*	10:30-11:20 am	MCC	\$60 / \$50

# Golf for Youth & Teens

## Youth Golf

Bay Area Golf Learning Centers' Junior Academy is designed to teach juniors the game of golf in a fun, safe environment. The curriculum combines golf skills with character development. Juniors will learn swing fundamentals, etiquette and the Pillars of Character as designed by CHARACTER COUNTS! Students will receive four one-hour lessons, bag tag, and a Junior Golf Cap. Ages 6-17.

### Please Note:

- Instructor: Bay Area Golf Learning Centers.
- Summitpointe Golf Course, 1500 Country Club Dr., Milpitas.
- Golf clubs and balls are provided during class.
- In case of rain call (408) 262-8813.

### Level 1-2

#3704.101	6-17 y	Tu	4 meetings
2/6-2/27	4:00-5:00 pm	Summitpointe	\$99 / \$89
#3704.102	6-17 y	Tu	4 meetings
3/6-3/27	4:00-5:00 pm	Summitpointe	\$99 / \$89
#3704.103	6-17 y	Tu	4 meetings
4/3-4/24	4:00-5:00 pm	Summitpointe	\$99 / \$89
#3704.104	6-17 y	Tu	4 meetings
5/1-5/22	4:00-5:00 pm	Summitpointe	\$99 / \$89
#3704.109	6-17 y	Sat	4 meetings
2/3-2/24	12:00-1:00 pm	Summitpointe	\$99 / \$89
#3704.110	6-17 y	Sat	4 meetings
3/3-3/24	12:00-1:00 pm	Summitpointe	\$99 / \$89
#3704.111	6-17 y	Sat	4 meetings
4/7-4/28	12:00-1:00 pm	Summitpointe	\$99 / \$89
#3704.112	6-17 y	Sat	4 meetings
5/5-5/26	12:00-1:00 pm	Summitpointe	\$99 / \$89

### Level 3-4

#3704.105	6-17 y	Th	4 meetings
2/1-2/22	4:00-5:00 pm	Summitpointe	\$99 / \$89
#3704.106	6-17 y	Th	4 meetings
3/1-3/22	4:00-5:00 pm	Summitpointe	\$99 / \$89
#3704.107	6-17 y	Th	4 meetings
4/5-4/26	12:00-1:00 pm	Summitpointe	\$99 / \$89
#3704.108	6-17 y	Th	4 meetings
5/3-5/24	1:00-2:00 pm	Summitpointe	\$99 / \$89

### Level 3-6

#3704.113	6-17 y	Sat	4 meetings
2/3-2/24	1:00-2:00 pm	Summitpointe	\$99 / \$89
#3704.114	6-17 y	Sat	4 meetings
3/3-3/24	1:00-2:00 pm	Summitpointe	\$99 / \$89
#3704.115	6-17 y	Sat	4 meetings
4/7-4/28	1:00-2:00 pm	Summitpointe	\$99 / \$89
#3704.116	6-17 y	Sat	4 meetings
5/5-5/26	1:00-2:00 pm	Summitpointe	\$99 / \$89



Get in shape with the Great Strides Walking Program. This program is offered in conjunction with Kaiser Permanente Medical Group, the Great Mall and the City of Milpitas. Walkers meet at 8:30 am on Mondays and Wednesdays at the Great Mall's Food Court. If walkers are unable

to attend during these designated times, they are welcome to walk as their schedules permit. **Contact the Milpitas Sports Center at (408) 586-3225 for more information. TDD users should call (408) 942-3289.**

# Rock Climbing for Youth & Teens

## Mini-Pebble Program

Youngsters with a little extra energy will be overjoyed to hear about this class! Each climbing class is taught by our trained climbing instructors who specializes in working with children. One parent will participate with their child and work as a team in a fun, safe and exciting environment. Each session is designed to build confidence while trying to climb to new heights! Month long committment includes gym membership. Ages 3-6.

### Please Note:

- Instructor: City Beach Staff.
- City Beach, 4020 Technology Place, Fremont.

#3742.101	3-6 y	Sat	4 meetings
2/3-2/24	9:30-11:00 am	City Beach	\$85 / \$75
#3742.102	3-6 y	Sat	4 meetings
3/3-3/24	9:30-11:00 am	City Beach	\$85 / \$75
#3742.103	3-6 y	Sat	4 meetings
4/7-4/28	9:30-11:00 am	City Beach	\$85 / \$75
#3742.104	3-6 y	Sat	4 meetings
5/5-5/26	9:30-11:00 am	City Beach	\$85 / \$75

## Pebble Program

The child with a little extra energy will be excited to hear about what happens on Saturday mornings. Each climbing class is taught by our experienced instructors who specialize in working with children. Students learn about safety, tying knots, belaying and working as a team in a fun and exciting environment. Each session is designed to build upon the last but work within each child's natural ability. Month long commitment includes Gym Membership. Ages 7-11.

### Please Note:

- Instructor: City Beach Staff.
- City Beach, 4020 Technology Place, Fremont.

#3743.101	7-11 y	Sat	4 meetings
2/3-2/24	9:00-11:00 am	City Beach	\$85 / \$75
#3743.102	7-11 y	Sat	4 meetings
3/3-3/24	9:00-11:00 am	City Beach	\$85 / \$75
#3743.103	7-11 y	Sat	4 meetings
4/7-4/28	9:00-11:00 am	City Beach	\$85 / \$75
#3743.104	7-11 y	Sat	4 meetings
5/5-5/26	9:00-11:00 am	City Beach	\$85 / \$75

## Parent/Child Belay Lesson

The goal of this class is to teach parents how to belay their children while rock climbing at City Beach's indoor rock climbing gym. Under the supervision of professional climbing instructors, parents will learn to tie knots, put on a harness and communicate with their climbing partner in addition to safe rope handling techniques. Parents will then belay children while climbing and learn to monitor safely. After the class, participants can climb the rest of the day. Ages 3-11.

### Please Note:

- Instructor: City Beach Staff.
- City Beach, 4020 Technology Place, Fremont.

#3741.101	3-11 y	Sun	1 meeting
2/4	1:30-3:00 pm	City Beach	\$39 / \$29
#3741.102	3-11 y	Sun	1 meeting
2/18	1:30-3:00 pm	City Beach	\$39 / \$29
#3741.103	3-11 y	Sun	1 meeting
3/11	1:30-3:00 pm	City Beach	\$39 / \$29
#3741.104	3-11 y	Sun	1 meeting
3/25	1:30-3:00 pm	City Beach	\$39 / \$29
#3741.105	3-11 y	Sun	1 meeting
4/15	1:30-3:00 pm	City Beach	\$39 / \$29
#3741.106	3-11 y	Sun	1 meeting
4/29	1:30-3:00 pm	City Beach	\$39 / \$29
#3741.107	3-11 y	Sun	1 meeting
5/13	1:30-3:00 pm	City Beach	\$39 / \$29
#3741.108	3-11 y	Sun	1 meeting
5/27	1:30-3:00 pm	City Beach	\$39 / \$29

For information on Rock Climbing  
Camps, call City Beach, Inc., at  
(510) 651-2500

**Registration Starts** Jan. 11 for Milpitas residents & Jan. 18 for non-residents. Be sure to register early. Classes with low enrollments will be canceled a few days prior to their start dates. See the Registration Section for our Refund Policy.

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Facility Locations: MCC = Community Center SAL = Senior Center SPORT = Sports Center HALL = Hall Park

# Soccer for Youth

## Parent & Me Soccer

Introduce yourself and your toddler to the “World’s most popular game!” As you and your child participate in our fun age appropriate activities, your child will be developing their large motor skills and socialization skills. A variety of activities designed around the game of soccer will be played each week. The fun happens on the field and you won’t have to watch from the sidelines. Ages 2-3.5.

### Please Note:

- Instructor: Kidz Love Soccer.
- Shin guards required.

#3772.101	2-3.5 y	Fri	6 meetings
2/2-3/9	3:15-3:45 pm	Gill Park	\$79 / \$69
#3772.102	2-3.5 y	Sat	6 meetings
2/3-3/10	11:00-11:30 am	Adobe Park	\$79 / \$69
#3772.103	2-3.5 y	Tu	6 meetings
2/6-3/13	3:15-3:45 pm	Gill Park	\$79 / \$69
#3772.104	2-3.5 y	Sat	8 meetings
3/31-5/19	11:00-11:30 am	Adobe Park	\$88 / \$78
#3772.105	2-3.5 y	Fri	8 meetings
4/6-5/25	3:15-3:45 pm	Gill Park	\$88 / \$78
#3772.106	2-3.5 y	Tu	8 meetings
4/10-5/29	3:15-3:45 pm	Gill Park	\$88 / \$78

## Tot Soccer

Young children will develop large motor skills while having fun running and kicking just like the big kids! Ages 3.5-4.

### Please Note:

- Instructor: Kidz Love Soccer.
- Shin guards required.

#3774.101	3.5-4 y	Fri	6 meetings
2/2-3/9	10:00-10:30 am	Gill Park	\$79 / \$69
#3774.102	3.5-4 y	Fri	6 meetings
2/2-3/9	5:05-5:35 pm	Gill Park	\$79 / \$69
#3774.103	3.5-4 y	Sat	6 meetings
2/3-3/10	4:20-4:50 pm	Adobe Park	\$79 / \$69
#3774.104	3.5-4 y	Sat	8 meetings
3/31-5/19	4:20-4:50 pm	Adobe Park	\$88 / \$78
#3774.105	3.5-4 y	Fri	8 meetings
4/6-5/25	10:00-10:30 am	Gill Park	\$88 / \$78
#3774.106	3.5-4 y	Fri	8 meetings
4/6-5/25	5:05-5:35 pm	Gill Park	\$88 / \$78

## Pre-Soccer

Children will learn the basic techniques of soccer while building self-esteem and learning to follow instructions in a nurturing teaching environment. Ages 4-5.

### Please Note:

- Instructor: Kidz Love Soccer.
- Shin guards required.

#3775.101	4-5 y	Fri	6 meetings
2/2-3/9	10:30-11:05 am	Gill Park	\$79 / \$69
#3775.102	4-5 y	Fri	6 meetings
2/2-3/9	2:45-3:20 pm	Gill Park	\$79 / \$69
#3775.103	4-5 y	Sat	6 meetings
2/3-3/10	2:00-2:35 pm	Adobe Park	\$79 / \$69
#3775.104	4-5 y	Sat	8 meetings
3/31-5/19	2:00-2:35 pm	Adobe Park	\$88 / \$78
#3775.105	4-5 y	Fri	8 meetings
4/6-5/25	10:30-11:05 am	Gill Park	\$88 / \$78
#3775.106	4-5 y	Fri	8 meetings
4/6-5/25	2:45-3:20 pm	Gill Park	\$88 / \$78

## Soccer 1

Beginning players learn dribbling, passing, receiving, shooting, age-specific defense, etc. Fun skill games are played at every session, and every participant will have a ball at his/her feet. Small-sized soccer matches will be introduced gradually. Ages 5-6.

### Please Note:

- Instructor: Kidz Love Soccer.
- Shin guards required.

#3773.101	5-6 y	Fri	6 meetings
2/2-3/9	3:20-4:05 pm	Gill Park	\$79 / \$69
#3773.102	5-6 y	Sat	6 meetings
2/3-3/10	2:35-3:20 pm	Adobe Park	\$79 / \$69
#3773.103	5-6 y	Sat	8 meetings
3/31-5/19	2:35-3:20 pm	Adobe Park	\$88 / \$78
#3773.104	5-6 y	Fri	8 meetings
4/6-5/25	3:20-4:05 pm	Gill Park	\$88 / \$78

**Soccer Rainout Hotline**  
**1-800-871-2275**

Please check message one-half hour prior to your class time.

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# Soccer & Tennis Classes for Youth

## Soccer 2 & Soccer 3

Play the exciting game of Soccer! Explore the real sport, yet still in an instructional and nurturing environment. Be challenged by real soccer situations and venture into the fun tactical side of scrimmaging. Players will enjoy age appropriate soccer matches and be guided through the possibilities by a KLS youth specialist. Attack and Scoring Goals! Pace and Possession! Defense and Transition! Themes such as these and continued skill building will be explored fully on the soccer field by young soccer aficionados. Kidz Love Soccer...where the score is always FUN to FUN!™ Ages 7-8 (Soccer 2) and 9-12 (Soccer 3).

### Please Note:

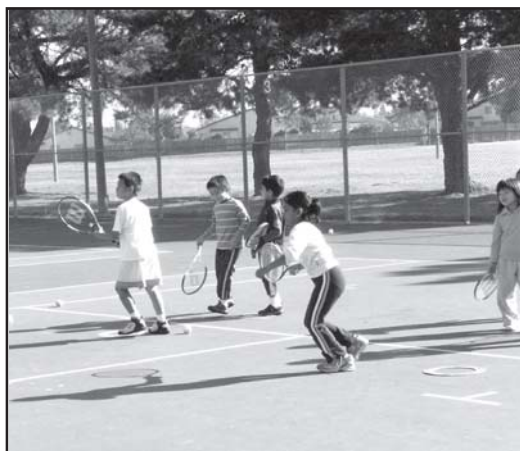
- Instructor: Kidz Love Soccer.
- Shin guards required.

### Soccer 2

#3776.101	7-8 y	Fri	6 meetings
2/2-3/9	4:05-4:50 pm	Gill Park	\$79 / \$69
#3776.102	7-8 y	Sat	6 meetings
2/3-3/10	3:20-4:05 pm	Adobe Park	\$79 / \$69
#3776.103	7-8 y	Sat	8 meetings
3/31-5/19	3:20-4:05 pm	Adobe Park	\$88 / \$78
#3776.104	7-8 y	Fri	8 meetings
4/6-5/25	4:05-4:50 pm	Gill Park	\$88 / \$78

### Soccer 3

#3777.101	9-12 y	Fri	6 meetings
2/2-3/9	4:05-5:05 pm	Gill Park	\$79 / \$69
#3777.102	9-12 y	Sat	6 meetings
2/3-3/10	3:20-4:20 pm	Adobe Park	\$79 / \$69
#3777.103	9-12 y	Sat	8 meetings
3/31-5/19	3:20-4:20 pm	Adobe Park	\$88 / \$78
#3777.104	9-12 y	Fri	8 meetings
4/6-5/25	4:05-5:05 pm	Gill Park	\$88 / \$78



## Slams - Youth Tennis

Class focus is on the basic athletic skills of tossing, catching, running and ball tracking. Physically, students begin using their core muscles to maintain a dynamic balance, keep their head still at contact and maintain a consistent contact or release point. Students will learn basic racquet skills while parents are always encouraged to take part in the lessons becoming a working partner with their child. Ages 4-6.

### Please Note:

- Instructor: Barry Poole, USPTA.
- All participants are required to bring a racquet and tennis balls to each class meeting. Students should wear athletic shoes and comfortable clothing.

#3702.101	4-6 y	Mon/Wed	6 meetings
2/26-3/14	3:30-4:00 pm	Hall Park	\$55 / \$45
#3702.102	4-6 y	Sat	3 meetings
3/3-3/17	12:00-12:30 pm	Hall Park	\$34 / \$24
#3702.103	4-6 y	Mon/Wed	6 meetings
3/26-4/11	3:30-4:00 pm	Hall Park	\$55 / \$45
#3702.104	4-6 y	Sat	3 meetings
3/31-4/14	12:00-12:30 pm	Hall Park	\$34 / \$24
#3702.105	4-6 y	Mon/Wed	6 meetings
4/23-5/9	3:30-4:00 pm	Hall Park	\$55 / \$45
#3702.106	4-6 y	Sat	3 meetings
4/28-5/12	12:00-12:30 pm	Hall Park	\$34 / \$24
#3702.107	4-6 y	Mon/Wed	6 meetings
5/21-6/6	3:30-4:00 pm	Hall Park	\$55 / \$45
#3702.108	4-6 y	Sat	3 meetings
5/26-6/9	12:00-12:30 pm	Hall Park	\$34 / \$24

## Tennis Rainout Hotline

(408) 569-3109

Please call prior to class for rainy weather updates

*Turn the page for additional Tennis Classes!*



# Tennis Classes for Youth & Teens

## Super Slams - Youth Tennis

The focus of this class will be on balance, movement, ball tracking, catching and tossing. A variety of tennis balls will be used for skills and drills, while emphasis on racquet skills will be covered based on age and ability. Parents are strongly encouraged to take part in this class. Ages 5-7.

### Please Note:

- Instructor: Barry Poole, USPTA.
- All participants are required to bring a racquet and tennis balls to each class meeting. Students should wear athletic shoes and comfortable clothing.

#3730.101	5-7 y	Tu/Th	6 meetings
2/27-3/15	3:30-4:00 pm	Hall Park	\$55 / \$45
#3730.102	5-7 y	Sat	3 meetings
3/3-3/17	12:30-1:00 pm	Hall Park	\$34 / \$24
#3730.103	5-7 y	Tu/Th	6 meetings
3/27-4/12	3:30-4:00 pm	Hall Park	\$55 / \$45
#3730.104	5-7 y	Sat	3 meetings
3/31-4/14	12:30-1:00 pm	Hall Park	\$34 / \$24
#3730.105	5-7 y	Tu/Th	6 meetings
4/24-5/10	3:30-4:00 pm	Hall Park	\$55 / \$45
#3730.106	5-7 y	Sat	3 meetings
4/28-5/12	12:30-1:00 pm	Hall Park	\$34 / \$24
#3730.107	5-7 y	Tu/Th	6 meetings
5/22-6/8	3:30-4:00 pm	Hall Park	\$55 / \$45
#3730.108	5-7 y	Sat	3 meetings
5/26-6/9	12:30-1:00 pm	Hall Park	\$34 / \$24

## Satellite - Youth Tennis

Youngsters between the ages of 7-11 who have had tennis experience will feel comfortable in this class. Focus will be on core elements of maintaining balance, keeping the head still, and consistent contact point. Students will develop the ability of maintaining a rally, and learning how to read their opponent. They will also learn how to construct a point, and then play it out. As they develop those skills, they can then step up to the next level. Ages 7-11.

### Please Note:

- Instructor: Barry Poole, USPTA.
- All participants are required to bring a racquet and tennis balls to each class meeting. Students should wear athletic shoes and comfortable clothing.

#3731.101	7-11 y	Mon/Wed	6 meetings
2/26-3/14	4:00-5:00 pm	Hall Park	\$85 / \$75
#3731.102	7-11 y	Sat	3 meetings
3/3-3/17	11:30 am-12:30 pm	Hall Park	\$46 / \$36

(Class listings continued in next column)

## Satellite - Youth Tennis - continued

#3731.103	7-11 y	Mon/Wed	6 meetings
3/26-4/11	4:00-5:00 pm	Hall Park	\$85 / \$75
#3731.104	7-11 y	Sat	3 meetings
3/31-4/14	11:30 am-12:30 pm	Hall Park	\$46 / \$36
#3731.105	7-11 y	Mon/Wed	6 meetings
4/23-5/9	4:00-5:00 pm	Hall Park	\$85 / \$75
#3731.106	7-11 y	Sat	3 meetings
4/28-5/12	11:30 am-12:30 pm	Hall Park	\$46 / \$36
#3731.107	7-11 y	Mon/Wed	6 meetings
5/21-6/6	4:00-5:00 pm	Hall Park	\$85 / \$75
#3731.108	7-11 y	Sat	3 meetings
5/26-6/9	11:30 am-12:30 pm	Hall Park	\$46 / \$36

## Novice - Youth/Teen Tennis

Youngsters between the ages of 10-15, who have had little or no tennis experience will feel at home in this class. The core basics will be covered along with the ability to maintain a rally, construct a point, and read the opponent. In addition, students will begin preparing for a more competitive challenge. Skills, drills, and thrills will include cooperative and competitive based opportunities. The goal is the preparation toward match play. Ages 10-15.

### Please Note:

- Instructor: Barry Poole, USPTA.
- Class held at Hall Park.
- All participants are required to bring a racquet and tennis balls to each class meeting. Students should wear athletic shoes and comfortable clothing.

#3723.101	10-15 y	Mon/Wed	6 meetings
2/26-3/14	5:00-6:30 pm	Hall Park	\$112 / \$102
#3723.102	10-15 y	Sat	3 meetings
3/3-3/17	1:30-3:00 pm	Hall Park	\$62 / \$52
#3723.103	10-15 y	Mon/Wed	6 meetings
3/26-4/11	5:00-6:30 pm	Hall Park	\$112 / \$102
#3723.104	10-15 y	Sat	3 meetings
3/31-4/14	1:30-3:00 pm	Hall Park	\$62 / \$52
#3723.105	10-15 y	Mon/Wed	6 meetings
4/23-5/9	5:00-6:30 pm	Hall Park	\$112 / \$102
#3723.106	10-15 y	Sat	3 meetings
4/28-5/12	1:30-3:00 pm	Hall Park	\$62 / \$52
#3723.107	10-15 y	Mon/Wed	6 meetings
5/21-6/6	5:00-6:30 pm	Hall Park	\$112 / \$102
#3723.108	10-15 y	Sat	3 meetings
5/26-6/9	1:30-3:00 pm	Hall Park	\$62 / \$52

**Registration Starts** Jan. 11 for Milpitas residents & Jan. 18 for non-residents. Be sure to register early. Classes with low enrollments will be canceled a few days prior to their start dates. See the Registration Section for our Refund Policy.

\* = Fees are listed as Non-resident / Resident prices. See "Please Note" in class description.

Facility Locations: MCC = Community Center SAL = Senior Center SPORT = Sports Center HALL = Hall Park

# Tennis Classes for Youth, Teens & Adults

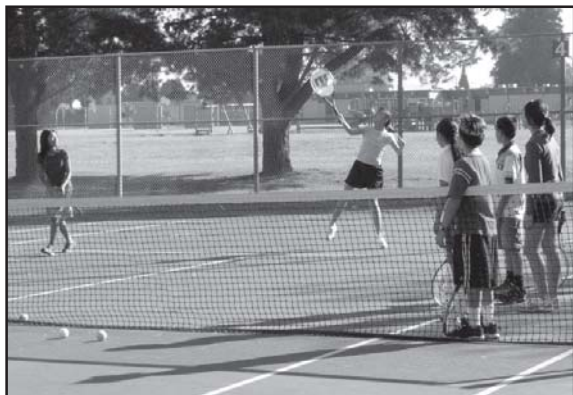
## Challengers - Youth/Teen Tennis

Youngsters who have begun to master the rally will find this clinic exciting, fun and challenging. They will encounter such hidden skills as court positioning, getting the opponent to feed your tiger, and learning when to win, meet or lose the collision. They will also begin using the 5 tactical priorities in the construction of points, and along with using their personal 5 goals of fun, the right tool for the job, balance, and quiet head and hands, to guide their shot selection and decision making. Ages 10-15.

### Please Note:

- Instructor: Barry Poole, USPTA.
- Class held at Hall Park.
- All participants are required to bring a racquet and tennis balls to each class meeting. Students should wear athletic shoes and comfortable clothing.

#3707.101	10-15 y	Tu/Th	6 meetings
2/27-3/15	4:00-5:30 pm	Hall Park	\$112 / \$102
#3707.102	10-15 y	Sat	3 meetings
3/3-3/17	1:30-3:00 pm	Hall Park	\$62 / \$52
#3707.103	10-15 y	Tu/Th	6 meetings
3/27-4/12	4:00-5:30 pm	Hall Park	\$112 / \$102
#3707.104	10-15 y	Sat	3 meetings
3/31-4/14	1:30-3:00 pm	Hall Park	\$62 / \$52
#3707.105	10-15 y	Tu/Th	6 meetings
4/24-5/10	4:00-5:30 pm	Hall Park	\$112 / \$102
#3707.106	10-15 y	Sat	3 meetings
4/28-5/12	1:30-3:00 pm	Hall Park	\$62 / \$52
#3707.107	10-15 y	Tu/Th	6 meetings
5/22-6/7	4:00-5:30 pm	Hall Park	\$112 / \$102
#3707.108	10-15 y	Sat	3 meetings
5/26-6/9	1:30-3:00 pm	Hall Park	\$62 / \$52



**Tennis Rainout Hotline**  
**(408) 569-3109**

Please call prior to class for rainy weather updates

## Grand Slam- Youth/Teen Tennis

This class is designed specifically to test students physically, technically, mentally, emotionally, and strategically. They'll begin developing a weapon that they will know when, why and how to use effectively. They will begin to develop the feel of reading their opponent, knowing just what to expect, and correctly positioning themselves to take away any opening that their opponent may have. Students will have a game plan to execute and make adjustment based on their opponent. Ages 12-17.

### Please Note:

- Instructor: Barry Poole, USPTA.
- Class held at Hall Park.
- All participants are required to bring a racquet and tennis balls to each class meeting. Students should wear athletic shoes and comfortable clothing.

#3732.101	12-17 y	Tu/Th	6 meetings
2/27-3/15	4:00-6:00 pm	Hall Park	\$154 / \$144
#3732.102	12-17 y	Tu/Th	6 meetings
3/27-4/12	4:00-6:00 pm	Hall Park	\$154 / \$144
#3732.103	12-17 y	Tu/Th	6 meetings
4/24-5/10	4:00-6:00 pm	Hall Park	\$154 / \$144
#3732.104	12-17 y	Tu/Th	6 meetings
5/22-6/7	4:00-6:00 pm	Hall Park	\$154 / \$144

## Tennis - Adult Level 1

Students will learn the basics of rally, the tactical 5 priorities of tennis, and your own 5 goals. Students begin to learn how to read opponents, and how to anticipate what may be coming back to you in response. The focus of this class is to get you playing and rallying as quickly as possible. Rally skills are the main criteria for any of the clinics and classes. The goal is to assist students in that effort. Classes and clinics are set up in logical progression that allows you to learn skills as well as cover basic doubles movements and responsibilities. Ages 16+.

### Please Note:

- Instructor: Barry Poole, USPTA.
- Class held at Hall Park.
- All participants are required to bring a racquet and tennis balls to each class meeting. Students should wear athletic shoes and comfortable clothing.

#3701.101	16 y +	Wed	3 meetings
2/28-3/14	6:30-8:00 pm	Hall Park	\$70 / \$60
#3701.102	16 y +	Wed	3 meetings
3/28-4/11	6:30-8:00 pm	Hall Park	\$70 / \$60
#3701.103	16 y +	Wed	3 meetings
4/25-5/9	6:30-8:00 pm	Hall Park	\$70 / \$60
#3701.104	16 y +	Wed	3 meetings
5/23-6/6	6:30-8:00 pm	Hall Park	\$70 / \$60

*(Class listings continued on next page)*

**Turn the page for additional Tennis Classes!**



# Tennis Classes for Teens

## ***Tennis - Adult Level 1 - Continued***

#3701.105	16 y +	Sat	3 meetings
3/3-3/17	10:00-11:30 am	Hall Park	\$70 / \$60
#3701.106	16 y +	Sat	3 meetings
3/31-4/14	10:00-11:30 am	Hall Park	\$70 / \$60
#3701.107	16 y +	Sat	3 meetings
4/28-5/12	10:00-11:30 am	Hall Park	\$70 / \$60
#3701.108	16 y +	Sat	3 meetings
5/26-6/9	10:00-11:30 am	Hall Park	\$70 / \$60



Milpitas Parks & Recreation Services Presents...

***Get Out &  
Play with  
Milpitas &  
USTA!***

The Community is invited to join us for a fun-filled morning of complimentary tennis instruction, games, prizes and more! You'll enjoy hands-on instruction from USPTA professionals, in a safe and fun environment. Milpitas' own Junior Ranked Players will also be there to provide demonstrations.

Get out and play! Don't miss the fun!

**Saturday, May 19, 2007**

**9:00 am-12:00 pm**

**Registration begins at 8:30 am**

**Yellowstone Park Tennis Courts**

(Yellowstone Dr., just east of S. Park Victoria Dr.)

**For more information, contact  
Milpitas Parks & Recreation Services  
at (408) 586-3210**



## ***Swim Towards Excellence with the Milpitas Tidal Waves!***



This competitive United States Swimming Team is open to youth ages 6-18 years. Swimmers will be able to compete in sanctioned United States Swim Meets. Practices are held at the Milpitas Sports Center. To try out for the swim team, attend one of the practices and speak with the Swim Coach. Participants must be able to complete 50 meters of freestyle, backstroke and breaststroke. For more information, call (408) 586-3225.

### **Fees:**

\$50 per month for the 1st child\* (discounts for additional children)  
(Non-residents are charged an additional \$10 monthly fee)

\* Plus \$50 annual USS registration fee.

**Practice Times:** Monday-Friday, 4:00-6:00 pm.